



| Monday | Tuesday | Wednesday | Thursday | Friday |
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| <p>NEW CLASS/CHANGES</p> <ul style="list-style-type: none"> • Nutrition, Table Thyme w/Tosin (starting 3rd) • Matter of Balance (returns 7th) • Club Memory (2nd & 4th Tuesdays In-person) • "Dilo en Espanol" with Senora Chelsea (just the 8th) • "Mikkah's Mentality" Barbering&Haircare Tips (1st&4th Monday) <p>AWARENESS MONTH</p> <ul style="list-style-type: none"> • National Volunteer Month • National Minority Health Month • Family Strengthening Month • National Humor Awareness • National Alcohol Awareness • Stress Awareness • Occupational Therapy Month • Easter (5th) • Public Health Week (6-12th)    | | <p>1 NATIONAL DAY OF HOPE</p> <p>8:45 Enhance Fitness</p> <p>9:00 "Dilo en Espanol" with Senora Chelsea (hybrid)</p> <p>9:00 DC Chess Federation (hybrid)</p> <p>10:00 ASSEMBLY MEETING (hybrid) (Recognition of Volunteers)</p> <p>12:00 Lunch </p> <p>12:30 Spiritual Studies</p> <p>1:00 PRESENTATION-Ranked Choice Voting Workshop, Jaloney Coulter, Board of Elections</p> <p>3:00 Open Gym </p> | <p>2 SIDEWALK SALE 9am-12pm</p> <p>9:00 Tight Body </p> <p>10:00 Line Dancing </p> <p>12:00 Lunch</p> <p>12:30 Pokeno / Phase10*</p> <p>1:00 Crocheting/Knitting* </p> <p>1:00 Nutrition-Atoms Apple with Dr. Amy </p> <p>3:00 Open Gym </p> | <p>3</p> <p>8:45 Enhance Fitness</p> <p>9:30 Food Demo w/Chef Herb </p> <p>10:30 Take Action! Techniques</p> <p>11:00 DC Chess Federation (hybrid)</p> <p>11:00 Nutrition, Table Thyme w/Tosin (New) </p> <p>12:00 Lunch </p> <p>1:00 PRESENTATION-Frank Plumer, Musician/Performer, National Theater Foundation</p> <p>3:00 Open Gym </p> |
| <p>6 TRIP- Arundel Mills Mall, 10am</p> <p>EASTER MONDAY</p> <p>8:45 Enhance Fitness </p> <p>9:30 Spiritual Studies</p> <p>10:00 Tai Chi</p> <p>10:00 "Ask a Lawyer" Deborah Wright, AARP </p> <p>11:00 Nutrition, Table Thyme w/Tosin (New) </p> <p>12:00 Lunch</p> <p>12:30 Pokeno / Phase 10 *</p> <p>1:00 "Mikkah's Mentality" Barbering & Haircare Tips (New)</p> <p>3:00 Open Gym </p> | <p>7 WORLD HEALTH DAY</p> <ul style="list-style-type: none"> • 10am-2pm TABLE- State Health Insurance Assistance Program (SHIP) • 12:00-2pm TABLE-FSFSC, Food2Fuel (Food Distribution) • 11am-2pm Garden Beautification Day <p>9:00 Blood Pressure Readings</p> <p>10:00 Matter of Balance (returns)</p> <p>10:00 Crafty Creations w/Community Grapevines</p> <p>12:00 Lunch</p> <p>2:00 Line Dancing</p> <p>3:00 Sibley Club Memory (hybrid)</p> <p>3:00 Open Gym</p> | <p>8</p> <p>8:45 Enhance Fitness </p> <p>9:00 "Dilo en Espanol" with Senora Chelsea (hybrid)</p> <p>9:00 DC Chess Federation (hybrid)</p> <p>9:30 Technology & The Metaverse- "Digital Literacy-Internet Basics"</p> <p>10:30 Senior Stretch Therapy Class</p> <p>11:00 Nutrition, Table Thyme w/Tosin (New) 1-on-1</p> <p>12:00 Lunch</p> <p>12:30 Spiritual Studies</p> <p>12:30 PRESENTATION-AARP Meeting Local #4870 (hybrid)</p> <p>2:00 Tai Chi</p> <p>3:00 Open Gym </p> | <p>9 TRIP- BOWLING PRACTICE, JBAB, 9:30AM *</p> <p>9:00 Tight Body </p> <p>10:00 Line Dancing</p> <p>11:00 Chair Yoga </p> <p>12:00 Lunch</p> <p>12:30 Pokeno / Phase10 *</p> <p>1:00 Notes from the Universe "A Journaling Experience"</p> <p>3:00 Open Gym </p> | <p>10</p> <p>8:45 Enhance Fitness</p> <p>10:30 Take Action! Techniques</p> <p>11:00 DC Chess Federation (hybrid) </p> <p>11:00 Nutrition, Table Thyme w/Tosin</p> <p>12:00 Lunch </p> <p>1:00 Bingo! </p> <p>3:00 Open Gym </p> |
| <p>13</p> <p>8:45 Enhance Fitness</p> <p>9:30 Spiritual Studies </p> <p>10:00 Tai Chi</p> <p>10:00 "Ask a Lawyer", Deborah Wright, AARP</p> <p>10:00 Mini Commission, Gulford BoBo</p> <p>10:30 Nutrition, Table Thyme w/Tosin (New) Food Demo </p> <p>12:00 Lunch</p> <p>12:30 Pokeno / Phase 10 *</p> <p>1:00 Ladies' Tell It All </p> <p>3:00 Open Gym</p> | <p>14 9am-12pm EYE CLINIC "Vision Health for Seniors", Jon Lombardi, Prevention of Blindness Society</p> <p>9:00 Blood Pressure Readings</p> <p>10:00 Matter of Balance (returns)</p> <p>12:00 Lunch </p> <p>1:00 "Sewing Seeds" with Ace-Symmetric</p> <p>1:30 Sibley Club Memory (In-Center)</p> <p>2:00 Line Dancing </p> <p>3:00 Open Gym</p> | <p>15 TAX DAY</p> <p>8:45 Enhance Fitness </p> <p>9:00 "Dilo en Espanol" w/Senora Chelsea (hybrid)</p> <p>9:00 DC Chess Federation (hybrid)</p> <p>9:30 Technology & The Metaverse</p> <p>10:00 Advisory Board</p> <p>10:30 Senior Stretch Therapy</p> <p>11:00 Nutrition, Table Thyme w/Tosin (New) 1-on-1</p> <p>11:30 Movie Time* </p> <p>12:00 Lunch</p> <p>12:30 Spiritual Studies</p> <p>1:00 PRESENTATION-AARP/CED Meeting, Mustafa Abdul-Salaam</p> <p>2:00 Tai Chi</p> <p>3:00 Open Gym </p> | <p>16</p> <p>CENTER CLOSED</p>  | <p>17</p> <p>8:45 Enhance Fitness </p> <p>9:30 Food Demo w/Chef Herb</p> <p>10:30 Take Action! Techniques</p> <p>11:00 DC Chess Federation (hybrid)</p> <p>11:00 Nutrition, Table Thyme w/Tosin (New)</p> <p>12:00 Lunch</p> <p>1:00* Bingo! </p> <p>3:00 Open Gym </p> |

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| <p>20 8:45 Enhance Fitness  9:30 Spiritual Studies 10:00 Tai Chi 10:00 “Ask a Lawyer”, Deborah Wright, AARP 11:00 Nutrition, Table Thyme w/ Tosin (New) 12:00 Lunch 12:30 Pokeno / Phase 10 * 1:00 PRESENTATION-Substance & Opioid Use: Identification, Intervention, & Support Training, Melina Afzal, DBH 3:00 Open Gym </p> | <p>21 9:00 Blood Pressure Readings 10:00 Matter of Balance (returns) 11:00 PRESENTATION-Understanding Diabetes & BP, Carla Daniel, Grubbs Pharmacy 12:00 Lunch 1:00 Book Club– “Blood in the Water”, Tiffany D. Jackson 2:00 Line Dancing  3:00 Sibley Club Memory (hybrid)  3:00 Open Gym </p> | <p>22 EARTH DAY 8:45 Enhance Fitness 9:00 “Dilo en Espanol” with Senora Chelsea (hybrid) 9:00 DC Chess Federation (hybrid) 9:30 Technology &The Metaverse 10:30 Senior Stretch Therapy 11:00 Nutrition, Table Thyme w/ Tosin (New) 1-on-1 11:30 Movie Time * 12:00 Lunch 12:30 Spiritual Studies 1:00 SOCIAL -Vera Yaa-Ana, Performer/Story-Teller, Commission on the Arts & Humanities * 2:00 Tai Chi  3:00 Open Gym</p> | <p>23 TRIP-BOWLING PRACTICE, JBAB, 9:30AM * 9:00 Tight Body  10:00 Line Dancing 11:00 Chair Yoga  12:00 Lunch 12:30 Pokeno / Phase10 * 1:00 Notes from the Universe “A Journaling Experience” 1:00 Nutrition-Atoms Apple with Dr. Amy 1:00 PRESENTATION-Occupational Therapy, Trinity University  3:00 Open Gym </p> | <p>24 8:45 Enhance Fitness  10:30 Take Action! Techniques  11:00 DC Chess Federation (hybrid)  11:00 Nutrition, Table Thyme w/Tosin (New) 12:00 Lunch  1:00 Crafty Creations w/ Community Grapevines  3:00 Open Gym </p> |
| <p>27 8:45 Enhance Fitness  9:30 Spiritual Studies 10:00 Tai Chi  10:00 “Ask a Lawyer”, Deborah Wright, AARP 10:00 PRESENTATION– Stress / Alcohol, MedStar 10:30 Nutrition, Table Thyme w/ Tosin (New) Food Demo  12:00 Lunch 12:30 Pokeno / Phase 10 * 1:00 “Mikkah’s Mentality” Barbering & Haircare Tips (New) 3:00 Open Gym </p> | <p>28 9:00 “Dilo en Espanol” with Senora Chelsea (hybrid) 9:00 Blood Pressure Readings  10:00 Matter of Balance (returns)  12:00 Lunch  1:00 “Sewing Seeds” with Ace-Symmetric 1:30 Sibley Club Memory (In-Center)  2:00 Line Dancing  3:00 Open Gym </p> | <p>29 8:45 Enhance Fitness 9:00 DC Chess Federation (hybrid) 9:30 Technology &The Metaverse 10:30 Senior Stretch Therapy 11:00 Nutrition, Table Thyme w/ Tosin (New) 1-on-1 11:30 Movie Time * 12:00 Lunch 12:30 Spiritual Studies 1:00 PRESENTATION- “Lunch with a Doctor” Medication, Metabolism & Maintaining a Healthy Lifestyle, FSFSC, Ward 8 Health Council/ Howard University  2:00 Tai Chi 3:00 Open Gym</p> | <p>30 TRIP-Dave & Buster, Arundel Mills, 10:15 * 9:00 Tight Body  10:00 Line Dancing  11:00 Chair Yoga  12:00 Lunch 12:30 Pokeno / Phase10 * 1:00 Crocheting/Knitting*  1:00 Nutrition-Atoms Apple with Dr. Amy  3:00 Open Gym </p> | <p><u>TABLE</u></p> <ul style="list-style-type: none"> • State Health Insurance Assistance Program (7th) • FSFSC, Food 2 Fuel (7th) <p><u>SOCIAL</u></p> <ul style="list-style-type: none"> • Frank Plumer, Musician/ Performer (3rd) • Vera Yaa-Ana, Performer/ Story-Teller, Commission on the Arts & Humanities (22nd) |

 **VIDEO/AUDIO CONFERENCE** 

- Zoom.us or download the Zoom app directly from Apple Store or Playstore
- Once download, click on “Join A Meeting”
- Enter Meeting ID 298-827-6610 **OR No video?** Join the Zoom meeting by **dialing (301)715-8592** and enter the Meeting ID code 298-827-6610 press #, for participant code press #. Note: mute or un-mute press *6
- Some classes held in “Break-out Rooms”- Please click “join” to enter

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PRESENTATIONS

- Ranked Choice Voting Workshop, Board of Elections (1st)
- AARP Meeting Local #4870 (8th)
- Eye Clinic-Vision Health for Seniors”, Prevention of Blindness Society (14th)
- AARP/Community Economic Development (CED) Meeting , (15th)
- Substance & Opioid Use: Identification, Intervention, & Support Training (20th)
- Understanding Diabetes & BP, Grubbs Pharmacy (21st)
- Occupational Therapy, Trinity University (23rd)
- Stress /Alcohol, MedStar (27th)
- “Lunch with a Doctor”, FSFSC, Ward 8 Health Council & HU (29th)